



2010 Philadelphia Insurance Kid's Race

Sweet Briar Field (across from Expo site)

Kid's Duathlon

12:30PM - Duathlon #1 (7-10 year olds) - .3/.5/.3 begins

12:45PM - Duathlon #1 ends

1. Start at transition for the .3 mile out and back run on the path.
2. Back in transition for a 1 loop bike course
3. Starts on Lansdowne Dr.
4. Right onto Cedar Grove Dr.
5. Continue on Cedar Grove Dr. Right on Sweetbriar
6. Right onto Lansdowne Dr.
7. Athletes dismount their bikes and enter transition for .3 mile out and back run to finish.

12:50PM - Duathlon #2 (11-14 year olds) - .5/1/.5

1:10PM - Duathlon #2 ends

1. Start at transition for the .5 mile run around the field.
2. Back in transition for 2 loop bike course
3. Starts on Lansdowne Dr.
4. Right onto Cedar Grove Dr.
5. Continue on Cedar Grove Dr. Right on Sweetbriar
6. Right onto Lansdowne Dr. for second loop.
7. After 2nd loop, athletes dismount their bikes and enter transition for .5 mile out and back run to finish.

(All Distances are subject to change)

Kid's Fun Run

- 1:30PM - Fun Run #1 (1-3 year olds) – Yellow Start 50 yard dash to Finish line
- 1:35PM - Fun Run #1 ends
- 1:40PM - Fun Run #2 (4-5 year olds) – Green Start 100 yard dash to Finish line
- 1:45PM - Fun Run #2 ends
- 1:50PM - Fun Run #3 (6-7 year olds) – Blue Start 200 yard dash to Finish line
- 1:55PM - Fun Run #3 ends
- 2:00PM - Fun Run #4 (8-14 year olds) – Red Start 1 mile (Two loop run around field)
- 2:10PM - Fun Run #4 ends

(All Distances are subject to change)

